

eats.

AUTUMN/WINTER 23/24

18th September, 9th October
6th November, 27th November,
18th December, 15th January,
5th February, 4th March,
25th March

Menu

WEEK 1

Allergen key:

May Contain in ()



Peanuts
(P)



Nuts
(N)



Crustaceans
(Shellfish)
(CR)



Molluscs
(Shellfish)
(MO)



Fish
(F)



Eggs
(E)



Milk
(MI)



Cereals
containing
Gluten (G)



Soya
(S)



Sesame
seeds
(SS)



Celery
(CE)



Mustard
(MU)



Lupin
(L)



Sulphur
Dioxide
(SD)

MONDAY

OPTION 1 MAIN

Cauliflower & Broccoli
Cheese
MI; G

OPTION 2 VEGETARIAN

Vegetable Supreme Pizza,
Potato Wedges & Baked
Beans
MI; G; S; (E)

OPTION 3 BAKED POTATO

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

OPTION 4 COLD

Cheese Wrap G; MI
Ham Wrap G
Nachos
Carrot Sticks
Apple

DESSERT

Chocolate Crunch
G; E

TUESDAY

Sausage & Mashed Potato,
with Peas & Sweetcorn
G; SD; MI

Veggie Sausage & Mashed
Potato with Peas & Sweetcorn
CE; G; MI

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Roll G; MI
Ham Roll G
Popcorn,
Cucumber Sticks,
Orange Wedges

Flapjack with Fruit Wedge
G

WEDNESDAY

Roast Chicken, Roast
Potatoes, Yorkshire Pudding,
Seasonal Vegetables & Gravy
G; E; MI

Roast Quorn, Roast Potatoes,
Yorkshire Pudding,
Seasonal Vegetables & Gravy
G

Baked Potato with Grated
Cheese MI; Baked Beans or
Tuna Mayo E; F & Salad

Cheese Wrap G; MI
Ham Wrap G
Tuna Wrap G; E; F
Nachos, Carrot Sticks
Watermelon Wedge

Apple Crumble & Custard
G; MI

THURSDAY

Beef Meatballs with Italian
Tomato Sauce, Penne Pasta &
Garlic Bread
G; (S)

Tomato & Herb Penne Pasta
with Garlic Bread
G; (S)

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Roll G; MI
Ham Roll G
Popcorn
Cucumber Sticks
Honeydew Melon

Victoria Sponge Tray Bake
G; E; MI

FRIDAY

Salmon & Sweet Potato
Fishcake with Chips and
Peas or Baked Beans
G; F

Vegetable Goujons with
Chips, Peas or Baked Beans

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Wrap G; MI
Ham Wrap G
Nachos
Carrot Sticks
Apple

Fresh Fruit Selection

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.

Available everyday: Salad Options Available Daily.

eats.

AUTUMN/WINTER 23/24

25th September, 16th October,
13th November, 4th December,
2nd January, 22nd January,
12th February, 11th March

Menu

WEEK 2

Allergen key:

May Contain in ()



Peanuts
(P)



Nuts
(N)



Crustaceans
(Shellfish)
(CR)



Molluscs
(Shellfish)
(MO)



Fish
(F)



Eggs
(E)



Milk
(MI)



Cereals
containing
Gluten (G)



Soya
(S)



Sesame
seeds
(SS)



Celery
(CE)



Mustard
(MU)



Lupin
(L)



Sulphur
Dioxide
(SD)

MONDAY

OPTION 1 MAIN

Margherita Pizza, Potato
Wedges & Baked Beans
MI; C; S (E)

OPTION 2 VEGETARIAN

Vegetable Supreme Pizza,
Potato Wedges &
Baked Beans
MI; C; S (E)

OPTION 3 BAKED POTATO

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

OPTION 4 COLD

Cheese Wrap G; MI
Ham Wrap G
Nachos
Carrot Sticks
Apple

DESSERT

Chocolate Cornflake Nest
G

TUESDAY

Pork & Apple Burger with
Wedges & Garden Peas
G; SD; S; (SS)

Vegetable Bean Burger, with
Wedges & Garden Peas
G; S; (SS)

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Roll G; MI
Ham Roll G
Popcorn
Cucumber Sticks
Orange Wedges

Shortbread Biscuit & Fruit
Wedge G

WEDNESDAY

Roast Chicken, Roast
Potatoes, Yorkshire Pudding,
Seasonal Vegetables & Gravy
G; E; MI

Roast Quorn, Roast Potatoes,
Yorkshire Pudding, Seasonal
Vegetables & Gravy G; E; MI

Baked Potato with Grated
Cheese MI; Baked Beans or
Tuna Mayo E; F & Salad

Cheese Wrap G; MI
Ham Wrap G
Tuna Mayo Wrap G; E; F
Nachos, Carrot Sticks
Watermelon Wedge

Fresh Fruit Selection

THURSDAY

Beef Bolognese with Penne
Pasta & Garlic Bread
CE; G; (S)

Macaroni Cheese &
Garlic Bread
G; MI; (S)

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Roll G; MI
Ham Roll G
Popcorn
Cucumber Sticks
Honeydew Melon

Lemon Drizzle Sponge Cake
G; E

FRIDAY

Battered Fish Fillet with
Chips & Peas or Baked Beans
G; F

Southern Style Quorn
Nuggets with Chips, Peas or
Baked Beans G

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Wrap G; MI
Ham Wrap G
Nachos
Carrot Sticks
Apple

Ice Cream Sundae
MI

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Available everyday: Salad Options Available Daily.

eats.

AUTUMN/WINTER 23/24

2nd October, 30th October,
20th November, 11th December,
8th January, 29th January,
26th February, 18th March

Menu

WEEK **3**

Allergen key:

May Contain in ()



Peanuts
(P)



Nuts
(N)



Crustaceans
(Shellfish)
(CR)



Molluscs
(Shellfish)
(MO)



Fish
(F)



Eggs
(E)



Milk
(MI)



Cereals
containing
Gluten (G)



Soya
(S)



Sesame
seeds
(SS)



Celery
(CE)



Mustard
(MU)



Lupin
(L)



Sulphur
Dioxide
(SD)

MONDAY

OPTION 1 MAIN

Margherita Pizza, Potato
Wedges & Baked Beans
MI; C; S (E)

OPTION 2 VEGETARIAN

Vegetable Supreme Pizza,
Potato Wedges &
Baked Beans
MI; C; S (E)

OPTION 3 BAKED POTATO

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

OPTION 4 COLD

Cheese Wrap G; MI
Ham Wrap G
Nachos
Carrot Sticks
Apple

DESSERT

Vanilla Crunch
G; E

TUESDAY

Sausage Roll, Mashed
Potatoes & Baked Beans
G; MI; S; SD

Vegan Sausage Roll, Mashed
Potatoes & Baked Beans
G; MI; S; SD

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Roll G; MI
Ham Roll G
Popcorn
Cucumber Sticks
Orange Wedges

Iced Sponge
G; E

WEDNESDAY

Roast Pork, Roast Potatoes,
Stuffing, Seasonal Vegetables
& Gravy
G

Roast Quorn, Roast Potatoes,
Stuffing, Seasonal Vegetables
& Gravy
G

Baked Potato with Grated
Cheese MI; Baked Beans or
Tuna Mayo E; F; & Salad

Cheese Wrap G; MI
Ham Wrap G
Tuna Wrap G; E; F
Nachos, Carrot Sticks
Watermelon Wedge

Chocolate Pudding & Sauce
G; E; MI

THURSDAY

Beef Lasagne with Garlic
Bread & Salad
G; E; MI; (S)

Vegetable Pasta Bake with
Garlic Bread & Salad
G; MI; (S)

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Roll G; MI
Ham Roll G
Popcorn
Cucumber Sticks
Honeydew Melon

Oaty Cookie & Fruit Wedge
G; (MI)

FRIDAY

Battered Fish Fillet with
Chips & Peas or Baked Beans
G; F

Vegetable Goujons with
Chips & Peas or Baked Beans

Baked Potato with Grated
Cheese MI; or Baked Beans
& Salad

Cheese Wrap G; MI
Ham Wrap G
Nachos
Carrot Sticks
Apple

Fresh Fruit Selection

Please Refer to Separate Menu for Gluten Free, Dairy Free and Vegan Options.

Available everyday: Salad Options Available Daily.